

[ ] [ ]  
[ ] [ ]

eat that way Food Restaurants User Windows Help

**Base of products**

All	Acc. to groups	Favorite	Working	Acc. to contents
Chicken broth	Add	Remove	Correct	Send to...
<b>Composition and contents</b>				
Name of product	Content of meal			
Tinned chicken broth	Close			
Chicken broth				
Tinned chicken broth				
Chicken broth or bouillon	Group:	One's own products		
Stock cube	Name:	Chicken broth		
Glycemic index:	23			

Contents/100 g	Composition of meal	Additional compon.	
Element	amount	units	% of stand.
Energy (kcal)	106,8 kcal	4,9	
Protein	8,78 g	5,7	
Fats	8,2 g	8,5	
Carbohydrates	4,15 g	1,8	
Tryptophan	0,11 g	50,9	
Threonine	0,4 g	93,9	
Isoleucine	0,39 g	64,4	
Leucine	0,66 g	70,1	
Lysine	0,75 g	109,6	
Methionine	0,25 g	26,5	
Phenylalanina	0,34 g	36,1	
Valine	0,43 g	67,9	

[ ] [ ]

✓ OK      ✗ Cancel

Analyzer 0,2      Food products...      Start      J:\C:\databases\J:\Clipboard - Info...      AddSee Class...      Analyzer      15:11

FIG. 1

Parameters of the program

Music period selected: done  
d  
sexdv  
v  
sd  
vsdv

**EDZ DOBRZE NAJLEPSZE**

Name: Jan  
Surname: Kowalski  
Friends call me: Janek

< Back Next > Finish Cancel

FIG. 2 A

Parameters of the program

Music period selected: done  
d  
sexdv  
v  
sd  
vsdv

**EDZ DOBRZE NAJLEPSZE**

Date of birth: 1971-01-06 Height in cm: 180  
Weight in kg: 60 BMI:  
Sex:  Man  Woman

Other:  Pregnancy  Breast-feeding

< Back Next > Finish Cancel

FIG. 2 B

**Parameters of the program**

**How's your diet?**

**badly**

**badly**

**badly**

**badly**

**badly**

**predisposition**

**ADZ DOBRE  
I SŁABY**

**Lifestyle**

**sedentary**

**intense**

**very intense**

**Predisposition to obesity**

**I haven't predisposition.**

**I have predisposition**

**I have big predispositions**

[Back](#) [Next](#) [Finish](#) [Cancel](#)

FIG. 2 C

Parameters of the program

**EDZ DOBRE  
O MIR TVO**

Music player (radio / device)

cl  
radiod  
v  
id  
vzdy

I don't practice professional sports 

I practice fast-strength sports

I practice endurance sports

Amount of training hours daily

< Back      Next >      Finish      X Cancel

**FIG. 2 D**

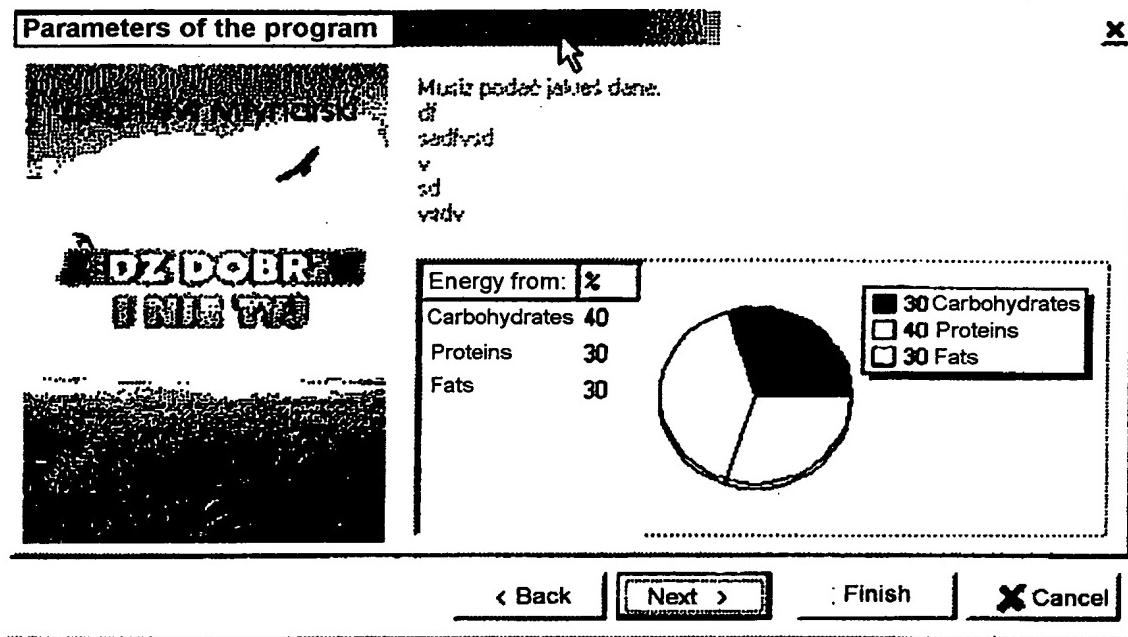


FIG. 2 E

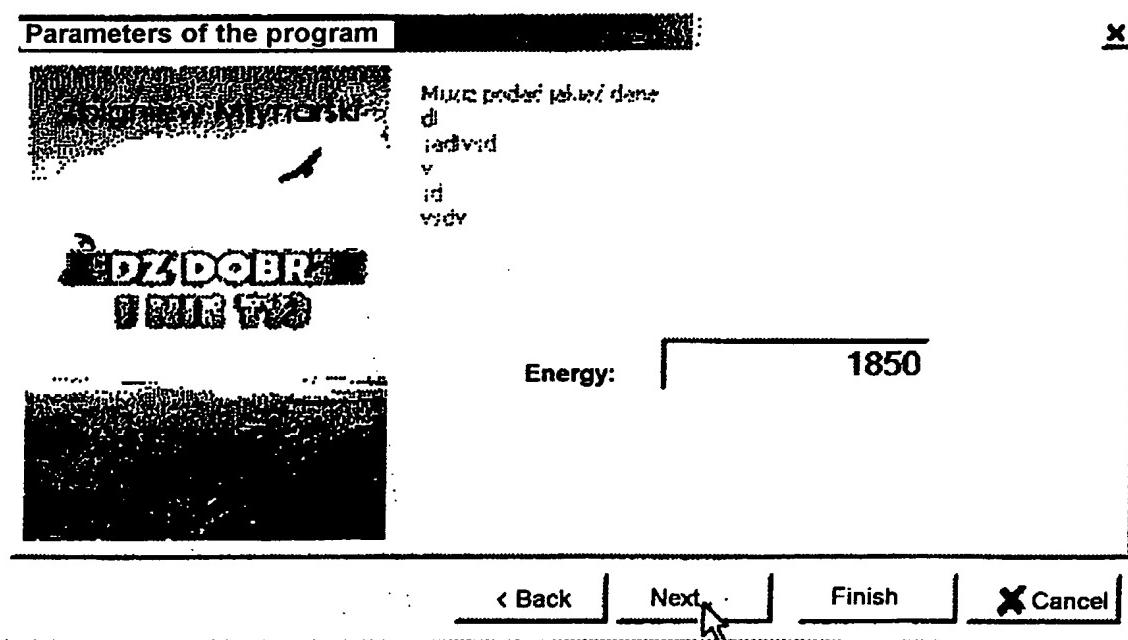


FIG. 2 F

eat that way Food Restaurants User Windows Help

Different

Base of products

All  Acc. to groups  Favorite  Working  Acc. to contents

Remove Correct Close

Desc  Contentys of meal

**Composition and contents**

Group:	PL2 Meat, fish, poultry, eggs	Favorite portion	portion (228 g)
Name:	Knuckle of pork, roasted	portion	1
Glycemic index:	30		

Contents/100 g	Composition of meal	Additional compon.
Element	amount	units % of stand.
Energy (Kcal)	336,5	kcal 15,3
Protein	28,63	g 18,5
Fats	23,05	g 31,6
Carbohydrates	0	g 0,0
Tryptophan	0,2928	g 135,6
Threonine	1,235	g 289,9
Isoleucine	1,247	g 205,8
Leucine	1,908	g 202,5
Lysine	2,055	g 300,5
Methionine	0,6174	g 65,5
Phenylalanina	1,056	g 112,1
Valine	1,341	g 196,1

OK  Anul

Analyzer 0,2  
Favorite  
Start  C:\detalingA...  Depti7  register  C:\Clipboard - Infra...  ACDSee Classi...  Analyzer  
15:14 23.4.2005

FIG. 3

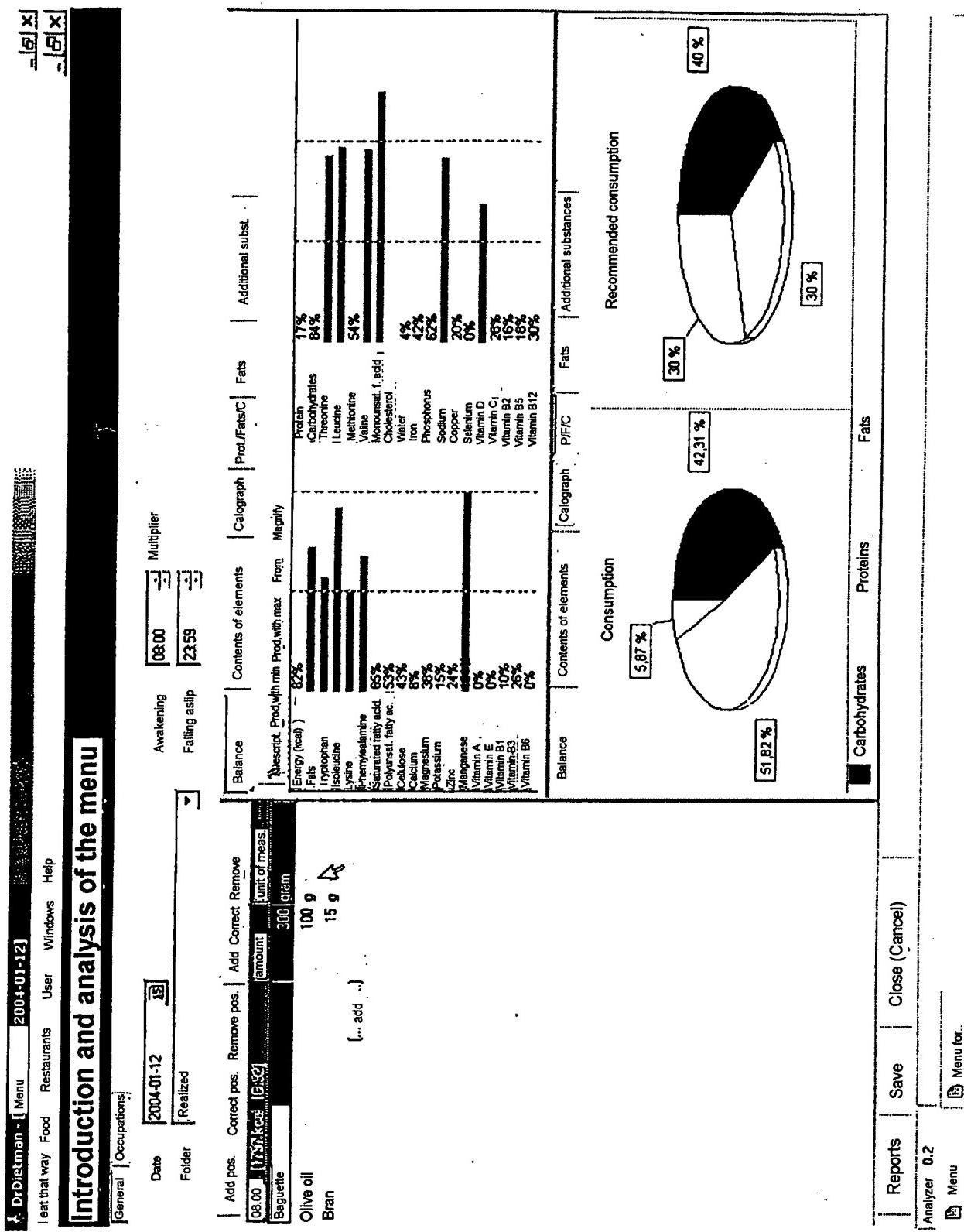


FIG. 4